

#### **D. Amendment to the Abstract**

**The following is the marked up version of the Abstract.**

~~———— A sliding exercise~~ An apparatus and method for use sliding exercise and recreation. The apparatus includes a ~~stick-on sheeting material applying to either the bottom surface of a sports board or wearing apparael of a user and on existing terrain enabling the user to slide along a support surface created by the terrain and sheeting material.~~ at least one piece of stick-on sheeting having an adhesive outer layer adhered to a substrate such as the underside of a sport board, and an opposed layer consisting of a low-friction, durable material adapted for engaging in sliding contact with the low-friction surface of area sheeting superposed on a support structure.

**The following is the clean version of the Abstract.**

An apparatus and method for sliding exercise and recreation. The apparatus includes at least one piece of stick-on sheeting having an adhesive outer layer adhered to a substrate such as the underside of a sport board, and an opposed layer consisting of a low-friction, durable material adapted for engaging in sliding contact with the low-friction surface of area sheeting superposed on a support structure.